

# Healthy STEPS

Preschool Parents Newsletter



Compliments of :

The Parent Child Connect ( Assiniboine North Parent Child Coalition)

Working with parents, caregivers and service providers to ensure children are healthy and happy.

Contact Antoinette agravelouellette@pmh-mb.ca or 204- 764.42.32 for information

## Mindfulness and Children

### Teach mindfulness to your kids — it can help them develop emotional regulation and cognitive focus.



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**The purpose of teaching mindfulness to our children is to give them skills to develop their awareness of their inner and outer experiences.**

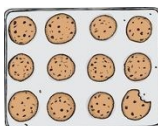
Ways to use breathing to calm down.

#### Pick a flower

Pretend to pick a flower and smell it by breathing in deeply through your nose and then pretend one of your fingers is a candle and blow the candle out with breathing out your mouth. Teach this to your child when things are good to practice and then you can say when you are feeling upset, pick a flower.

#### Cool Your Cookie

Pretend you are opening the oven and taking out some freshly baked cookies and take a deep breathe in through your nose... smelling the cookies and then pretend it is hot and you want to cool I off so you blow on it with your out breathe through the mouth.



## Ways to Teach Mindfulness to Kids

- 1. Listen to the bell.** An easy way for children to practice mindfulness is to focus on paying attention to what they can hear. You can use a singing bowl, a bell, a set of chimes or a phone app that has sounds on it. Tell your children that you will make the sound, and they should listen carefully until they can no longer hear the sound (which is usually 30 seconds to a minute).
- 2. Practice with a breathing buddy.** Grabs a stuffed animal, and then lie down on their back with their buddy on their belly. They focus their attention on the rise and fall of the stuffed animal as they breathe in and out.
- 3. Make your walks mindful.** One of my children's favorite things to do is a "noticing walk." We stroll through our neighborhood and notice things we haven't seen before. We'll designate one minute of the walk where we are completely silent and simply pay attention to all the sounds we can hear -- snow under our feet, snow ploughs going by...
- 4. Establish a gratitude practice.** I believe gratitude is a fundamental component of mindfulness, teaching our children to appreciate the abundance in their lives, as opposed to focusing on all the toys and goodies that they crave. My family does this at dinner when we each share one thing we are thankful for.
- 5. Try the SpiderMan meditation!** My 5-year-old son is in to all things superheroes, and this SpiderMan meditation is right up his alley. This meditation teaches children to activate their "spidey-senses" and their ability to focus on all they can smell, taste, and hear in the present moment.

#### 5-4-3-2-1

Ask your child

- 5 things they can see ( have them name them)
- 4 things they can feel ( feet on floor, clothes against their skin ect)
- 3 things they can hear
- 2 things they can smell
- 1 thing they can taste



**Please contact Antoinette if you would like specific programing in your community.**

**Coming Soon  
Hamiota Parent and Tot yoga**

**Mothers Helping Mothers Support group for Moms by Zoom 6:30-8:00 1st and 3rd Tuesdays Contact Taneal @ 204-821-6686**

**Minnedosa's Together We Can, Together We Are Online program Tuesday mornings 10am. Contact Denise @ 849-2263 or email parentinginpurple@gmail.com**

**Oakburn Parent/Child Play group Eager Pioneer Club Wed. 10-11:30 Contact Sadie 821-0454**

**Taking registration for Parenting in Recovery Online course for parents recovering from substance use.**

***Healthy Baby Sessions are talking place in various ways. If you are interested please contact***

***Call 204-578-2545 for the most up to date information about our sessions during Covid 19.***

**Facilitators to contact:**

**Healthy Baby Carberry,  
Minnedosa, Neepawa  
Contact Alexandra for log info  
204-476-7842**

**Rivers, Hamiota, Birtle,  
Russell  
Kristie: 204-748-2321**



Icon	App Name	Web Address	About
	SAM - Self-Help Anxiety Management	<a href="https://sam-app.org.uk">https://sam-app.org.uk</a>	Helps you understand and manage anxiety.
	Happy Healthy	<a href="http://www.happyhealthyapp.com">www.happyhealthyapp.com</a>	App providing motivation and knowledge to improve lifestyle, exercise, nutrition and sleep.
	BellyBio Interactive Breathing	<a href="https://itunes.apple.com/ca/app/bellybio-interactive-breathing/id353763955?mt=8">https://itunes.apple.com/ca/app/bellybio-interactive-breathing/id353763955?mt=8</a>	Triple innovation in deep abdominal breathing, biofeedback and music.
	Stop-Breathe-Think	<a href="http://www.stopbreathethink.org">www.stopbreathethink.org</a>	A simple tool to guide people of all ages and backgrounds through meditations for mindfulness and compassion.
	7 Minute Workout	<a href="https://7minuteworkout.jnj.com/">https://7minuteworkout.jnj.com/</a>	A fast, simple, science-based way to work out anywhere app.
	Daily Yoga	<a href="http://www.dailyyoga.com">www.dailyyoga.com</a>	Provides intuitive and comprehensive yoga training for everyone.
	Calm in the Storm	<a href="http://calminthestormapp.com">http://calminthestormapp.com</a>	Coping with the stresses of life.
	3 Minute Mindfulness	<a href="https://itunes.apple.com/us/app/3-minute-mindfulness-fast/id982502810?mt=8">https://itunes.apple.com/us/app/3-minute-mindfulness-fast/id982502810?mt=8</a>	Fast and simple meditation and breathing exercises to reduce stress, anxiety and depression.
	Get Enough Helper	<a href="https://dairygoodness.ca/getenough/app?gclid=CLa8n8nKvM4CFYKGaQodiSoHwQ">https://dairygoodness.ca/getenough/app?gclid=CLa8n8nKvM4CFYKGaQodiSoHwQ</a>	Keep track of what you eat to make sure you get enough of what you need.
	Booster Buddy	<a href="http://viha.ca/cyf_mental_health/boosterbuddy">http://viha.ca/cyf_mental_health/boosterbuddy</a>	Manage your personal wellness journey and earn achievements as your sidekick guides you through a series of daily quests.
	Stress Hacks	<a href="http://www.stresshacks.ca">www.stresshacks.ca</a>	Provides information to explain stress and help you to manage it.
	Be Safe	<a href="https://mindyourmind.ca/interactives/be-safe">https://mindyourmind.ca/interactives/be-safe</a>	Allows individuals to develop a Safety Plan.
	Kids Help Phone	<a href="http://kidshelpphone.ca/teens/home.aspx?gclid=CNCK-oLNvM4CFQIHQod-gAOHow">http://kidshelpphone.ca/teens/home.aspx?gclid=CNCK-oLNvM4CFQIHQod-gAOHow</a>	Free 24 hour phone and web counselling for ages 20 and under.
	HEADSPACE	<a href="http://www.headspace.com">www.headspace.com</a>	Free: Meditation made simple in just 10 minutes a day.